



MEALS ON WHEELS

October 2020 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>BEEF TIPS IN GRAVY</u> over egg noodles peas and carrots apple and cinnamon coffee cake	2 <u>CHICKEN FAJITA</u> sliced chicken breast peppers & onions Spanish rice wheat flour tortilla salsa packet baked pears
5 <u>BAKED ROTINI PASTA</u> with Italian sausage and tomato sauce Italian veg blend & seasoned spinach Mandarin oranges sugar cookie <i>alt: vegetarian pasta</i>	6 <u>BBQ CHICKEN DRUMSTICK</u> chicken leg with sauce roasted sweet potatoes collard greens dinner roll & butter fruit cocktail	7 <u>BEEF POT ROAST</u> beef and gravy with mashed potatoes peas & carrots dinner roll & butter molasses cookie	8 <u>ROSEMARY CHICKEN</u> seasoned chicken breast roasted potatoes sweet peas warm diced peaches dinner roll & butter	9 <u>CHEESY HAM & BROCCOLI CASSEROLE</u> shredded ham and broccoli in creamy cheese sauce over noodles Scandinavian vegetables M&M cookie <i>alt: chicken & broc. cass.</i>
12 <u>CHILI MAC CASSEROLE</u> ground beef and wheat noodles in tomato sauce green beans baked apples double chocolate chip muffin	13 <u>SALISBURY STEAK</u> ground beef patty with mushroom gravy over egg noodles diced carrots applesauce oatmeal butterscotch cookie	**COLD MEAL** 14 <u>CHICKEN SALAD</u> romaine lettuce with shredded chicken, cucumber, tomato, and carrots with French dressing dinner roll & butter diced peaches	15 <u>BREAKFAST HASH</u> cheesy egg scramble over roasted potatoes turkey sausage links warm diced pears English muffin & butter	16 <u>HERB ROASTED PORK LOIN</u> with gravy, mashed sweet potatoes sliced zucchini dinner roll & butter oatmeal ch. chip cookie <i>alt: herb roasted chicken</i>
19 <u>CHICKEN ENCHILADA</u> <u>BAKE</u> chicken, tortilla, veggies w/ cheese & sauce corn and peppers California veg blend chocolate chip cookie	20 <u>ROAST TURKEY DINNER</u> roast turkey breast with gravy green beans homemade stuffing diced pineapple blueberry muffin	21 <u>BEEF LASAGNA</u> steamed broccoli baby carrots dinner roll & butter fresh fruit cup	22 <u>BEEF CHILI</u> ground beef and beans in a hearty tomato sauce sliced carrots corn muffin applesauce	23 <u>TUNA MELT</u> tuna salad with cheddar cheese wheat bread (separate) peas and carrots sugar cookie <i>alt: chicken melt</i>
26 <u>SOUTHWEST TURKEY BOWL</u> seasoned ground turkey over Spanish rice corn and bean salsa vegetable blend fruit cocktail	27 <u>GREEK LEMON CHICKEN</u> sautéed Mediterranean veg. with chicken breast and Greek yogurt sauce roasted potatoes diced carrots dinner roll & butter mandarin oranges	28 <u>SPAGHETTI WITH MEAT SAUCE</u> ground beef and wheat noodles in tomato sauce steamed broccoli warm peach crumble dinner roll & butter	29 <u>PARMESAN CRUSTED FISH</u> over brown rice pilaf California vegetables baby carrots snickerdoodle cookie <i>alt: parm crusted chicken</i>	30 <u>BEEF STEW</u> with onions, potatoes, peas, and carrots in beef gravy pineapple dinner roll & butter bread pudding

To reach Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal.

Call to order weekend meals. Monthly choice meals are:

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| 1) Chili Macaroni Casserole | 3) Breakfast Sandwich |
| 2) Roast Turkey Dinner | 4) Vegetable Sweet and Sour |